



March 2013

Sun	Mon	Tue	Wed	Thu	Fri	Sat
					1 6-7am Spin with Trish	2 8-9am Zumba with Tammy 9-10am Cardio Core Revolution with Sandy
3	4 6-7am Spin with Trish 9-10am Zumba with Tammy 10-11am Resist-a-Ball Weight Lifting with Tammy 6:30-7:30pm Spin with Cheryl	5 6-7am Barre/Core Fusion with Sandy 9-10am Beg. Flex-Band Pilates with Sue 10-11am Body Sculpting with Sue 6-7pm Flex & core Circuit with Cheryl	6 5:30-7am Spin with Trish 8-9am Circuit with Tammy 9-10am Resist Ball Cardio/Weight Lifting with Tammy 6-7pm Barre/Core Fusion with Sandy	7 6-7am Cross Condition Mix with Sandy 9-10am Mat Pilates with Mindy 10-11am Sculpt Fusion with Mindy 5:30-6:30pm Spin F.I.T. with Mindy	8 5:30-7am Spin with Trish 3-4pm Country Western Line Dancing with Tammy (for ADDITIONAL FEE)	9 8-9am Spin with Cheryl 9-10am Cardio Core Revolution with Sandy
10	11 6-7am Spin with Trish 9-10am Zumba with Tammy 10-11am Resist-a-Ball Weight Lifting with Tammy 6:30-7:30pm Spin with Cheryl	12 6-7am Barre/Core Fusion with Sandy 9-10am Beg. Flex-Band Pilates with Sue 10-11am Body Sculpting with Sue 6-7pm Flex & core Circuit with Cheryl	13 5:30-7am Spin with Trish 8-9am Circuit with Tammy 9-10am Resist Ball Cardio/Weight Lifting with Tammy 6-7pm Barre/Core Fusion with Sandy	14 6-7am Cross Condition Mix with Sandy 9-10am Mat Pilates with Mindy 10-11am Sculpt Fusion with Mindy 5:30-6:30pm Spin F.I.T. with Mindy	15 5:30-7am Spin with Trish 3-4pm Country Western Line Dancing with Tammy (for ADDITIONAL FEE)	16 8-9am Zumba with Tammy 9-10am Cardio Core Revolution with Sandy
17	18 6-7am Spin with Trish 9-10am Zumba with Tammy 10-11am Resist-a-Ball Weight Lifting with Tammy 6:30-7:30pm Spin with Cheryl	19 6-7am Barre/Core Fusion with Sandy 9-10am Beg. Flex-Band Pilates with Sue 10-11am Body Sculpting with Sue 6-7pm Flex & core Circuit with Cheryl	20 5:30-7am Spin with Trish 8-9am Circuit with Tammy 9-10am Resist Ball Cardio/Weight Lifting with Tammy 6-7pm Barre/Core Fusion with Sandy	21 6-7am Cross Condition Mix with Sandy 9-10am Mat Pilates with Mindy 10-11am Sculpt Fusion with Mindy 5:30-6:30pm Spin F.I.T. with Mindy	22 5:30-7am Spin with Trish 3-4pm Country Western Line Dancing with Tammy (for ADDITIONAL FEE)	23 8-9am Spin with Cheryl 9-10am Cardio Core Revolution with Sandy
24	25 6-7am Spin with Trish 9-10am Zumba with Tammy 10-11am Resist-a-Ball Weight Lifting with Tammy 6:30-7:30pm Spin with Cheryl	26 6-7am Barre/Core Fusion with Sandy 9-10am Beg. Flex-Band Pilates with Sue 10-11am Body Sculpting with Sue 6-7pm Flex & Core Circuit with Cheryl	27 5:30-7am Spin with Trish 8-9am Circuit with Tammy 9-10am Resist Ball Cardio/Weight Lifting with Tammy 6-7pm Barre/Core Fusion with Sandy	28 6-7am Cross Condition Mix with Sandy 9-10am Mat Pilates with Mindy 10-11am Sculpt Fusion with Mindy 5:30-6:30pm Spin F.I.T. with Mindy	29 5:30-7am Spin with Trish 3-4pm Country Western Line Dancing with Tammy (for ADDITIONAL FEE)	30 8-9am Spin with Cheryl 9-10am Cardio Core Revolution with Sandy
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User Fee for Discovery Bay Community Center

Monthly Fee	MONTHLY
Teen	\$35
Single	\$45
Couple	\$65
Family: 2 adults and 3 children Each additional child is \$5 per child	\$75

*There is no enrollment fee

***Childcare is extra \$15 a month for the first child and \$10 for any additional child (beginning April 1, 2013)**

Guest Fees:
(Coming in with a current user or day use) \$7

Cash, Check, Credit/Debit Cards

Checks payable to: Town of Discovery Bay

This User Fee Schedule is only valid through June 30, 2013

Town of Discovery Bay is a Community Services District



Saturday, April 20, 2013
8 a.m. to 8 p.m.
Discovery Bay
Community Center
1601 Discovery Bay Blvd.
Discovery Bay

The Town of Discovery Bay is seeking volunteers of all ages for our Annual Earth Day Event and we need your help!

Blue Star Memorial Planting:

Work with the Discovery Bay Garden Club to finalize the Blue Star Memorial Marker site at Slifer Park. Assist with installing plants, trees and mulch. The Marker will be a beautiful way to pay tribute to the U.S. armed forces!



Earth Day 2012

Community Garden:

Help to construct the planter boxes for the Town's first Community Garden! Materials and tools will be provided. Bring your gloves and your ENERGY! (Please wear appropriate clothing)



Earth Day 2012

Event coordination:

Are you an early bird with lots of energy? Come out and help set up for the day's activities and throughout the day! Work includes set-up, organizing material for volunteers, registering volunteers, Kids Zone, evening BBQ and clean-up.



Earth Day 2012

5PM - Stay or come back for the concert featuring Quick Fixx the Band!
Bring blanket/lawn chair - concert on the lawn area
Delicious BBQ to be served (tickets for BBQ available at the event)

Residents who are interested in purchasing a garden plot may contact the District to reserve NOW!
(925) 634-1733

Enjoy a day checking out local eco-friendly vendors, Kid's Zone with crafts and games, dog parade, BBQ and evening concert!

Have fun while being a part of your Community and help keep Discovery Bay beautiful.

Call TODAY to add your name to the VOLUNTEER list!

Discovery Bay Community Center (925) 634-1733

Return your Waiver (on back) to:

Town of Discovery Bay, 1800 Willow Lake Rd., Discovery Bay



TOWN OF DISCOVERY BAY

Waiver and Release of Liability – Participant
To be completed and signed by event participant

**PLEASE READ CAREFULLY
THIS IS A RELEASE OF LIABILITY AND WAIVER OF
LEGAL RIGHTS**

I, _____ (“Participant”), in consideration of being permitted to participate in the Town of Discovery Bay Community Services District Earth Day Event (“Event”) scheduled for Saturday, April 20, 2013 as a Participant, the good and sufficient value of which is hereby acknowledged; for myself, my spouse, legal representative, heirs and assigns, hereby release, waive, discharge, hold harmless, and agree not to sue Contra Costa County, Town of Discovery Bay Community Services District, any Event Sponsors and Owners of premises on which damages, losses, or expenses in account of damage to property, bodily injury, or death resulting from participation in the Event.

Participant acknowledges, agrees, and represents that he/she understands the nature of the Event and that he/she is qualified, in good health, and in proper physical condition to participate in the Event. Participant understands that the Event will be conducted in or near public right-of-way that is open to the public during the Event and upon which the hazards of traveling are to be expected. Participant agrees and warrants that if any time he/she believes conditions to be unsafe, he/she will immediately discontinue further participation in the Event. Participant acknowledges that Events of this nature near public-rights-of-way and trails involve inherent risks and agrees to fully assume the risk if any such injuries, disabilities, and expenses, including the possibility of an accident resulting in death. Participant understands and acknowledges that should he/she incur any injury as a result of participation in the Event, Participant is solely responsible for any costs of medical expenses and that no coverage or insurance shall be provided under any policy of insurance held by Contra Costa County or the Town of Discovery Bay Community Services District, and any easement, license, or lease holders within the Corridor. Participation in this activity is dependent upon his/her knowing and voluntary execution of this Release.

By executing this Waiver and Release of Liability, Participant acknowledges that this instrument is a full and final release of all claims of every nature and kind whatsoever, whether known or unknown. Participant expressly agrees that this Release is intended to be as broad and inclusive as permitted by the laws of the State of California, and that if any portion thereof is held invalid, it is agreed that the balance shall; notwithstanding, continue in full legal force and effect. Furthermore, Participant acknowledges the lease holders within the Corridor on which the Event takes place. Participant acknowledges that the terms of herein are contractual and not a mere recital, that he/she has carefully read the foregoing Waiver and Release of Liability and understands its contents that he/she signs the instrument of his/her own free will, and that he/she is of lawful age and legally competent to sign this Release. (If under 18 years of age, a parent guardian, or custodian of the minor must also execute this agreement.)

DATED: _____

BY: _____
Printed Name of Participant or Parent/Guardian

Name of Child if under 18

Signature of Participant or Parent/Guardian